

Instructional Framework

Cosmetology and Related Services

12.0400.00

This Instructional Framework identifies, explains, and expands the content of the standards/measurement criteria, and, as well, guides the development of multiple-choice items for the Technical Skills Assessment. This document corresponds with the Technical Standards endorsed on July 14, 2019.



Domain 1: Professionalism and Infection Control

Instructional Time: 50-60%

STANDARD 1.0 APPLY PRINCIPLES OF PROFESSIONAL AND CAREER DEVELOPMENT TO SUCCEED IN THE COSMETOLOGY INDUSTRY

1.1 Evaluate effective verbal and non-verbal communication techniques to interact with staff, clients, and peers	<ul style="list-style-type: none">• Client consultation• Professionalism• Life skills<ul style="list-style-type: none">◦ Time management• Body language
1.2 Apply active listening skills during communication	<ul style="list-style-type: none">• Paraphrasing
1.3 Use culturally sensitive language	<ul style="list-style-type: none">• Ethics
1.4 Identify factors that contribute to the success of a salon [i.e., technician, personality traits (attitude, enthusiastic, listener, self-confidence), customer service, customer satisfaction, etc.]	<ul style="list-style-type: none">• Professionalism• Life skills<ul style="list-style-type: none">◦ Goal setting◦ Time management◦ Ethics◦ Professional image◦ Hygiene• Personality traits<ul style="list-style-type: none">◦ Attitude◦ Enthusiastic◦ Listener◦ Self-confidence• Career opportunities
1.5 Complete pre- and post-client consultation, documentation, and analyses	<ul style="list-style-type: none">• Client consultations<ul style="list-style-type: none">◦ Hair analysis◦ Scalp analysis

	<ul style="list-style-type: none"> ○ Skin analysis
STANDARD 2.0 DEMONSTRATE SANITATION PRECAUTIONS, INFECTION CONTROL MEASURES, AND FIRST AID PROCEDURES TO ENSURE PROPER SALON STANDARDS ACCORDING TO ARIZONA'S CODE R4-10-112 (SAFETY AND SANITATION)	
2.1 Read, interpret, and follow manufacturer instructions and SDS guidelines for all products and services (i.e., chemical relaxer, hair color, etc.)	<ul style="list-style-type: none"> ● Manufacturer instructions <ul style="list-style-type: none"> ○ Chemical relaxers, hair color, etc. ○ Disinfectants
2.2 Apply sanitation and infection control to maintain state health guidelines within a professional salon, prior to, during, and at the end of services	<ul style="list-style-type: none"> ● Infection Control Principles and Practices ● Arizona State Board Rules and Regulations
2.3 Identify the pathogens (e.g., bacteria, virus, and fungi) present in salon environments and risks to clients and licensure	<ul style="list-style-type: none"> ● Infection control <ul style="list-style-type: none"> ○ Bacteria ○ Virus ○ Fungus ○ Parasite
2.4 Demonstrate proper first aid techniques and emergency procedures (i.e., cuts, abrasions, hair loss, burns, bacterial infections, slip and fall injuries, allergic injuries, etc.)	<ul style="list-style-type: none"> ● First aid <ul style="list-style-type: none"> ○ Cuts and abrasions ○ Hair loss ○ Burns ○ Bacterial ○ Infections ○ Slip and fall injuries ○ Allergic injuries ○ Etc.
2.5 Apply safe handling techniques and procedures in the use of disinfecting products, tools, and equipment (i.e., styling brushes, shears, shampoo bowls, razors, etc.)	<ul style="list-style-type: none"> ● Disinfecting tools <ul style="list-style-type: none"> ○ Styling brushes ○ Shears ○ Shampoo bowls ○ Razors ○ Etc. ● Safety Data Sheets (SDSs)
2.6 Comply with Occupational Safety and Health Administration (OSHA) standards [e.g., Hazard Communication Standards (HazCom), and Safety Data Sheets (SDSs)]	<ul style="list-style-type: none"> ● Occupational Safety and Health Administration (OSHA) ● Hazard Communication Standards (HazCom) ● Safety Data Sheets (SDSs)

STANDARD 5.0 EVALUATE TRICHOLOGY AS IT REFERS TO COSMETOLOGY

5.1 Evaluate the properties of the hair and scalp	<ul style="list-style-type: none">• Trichology<ul style="list-style-type: none">◦ Hair root◦ Hair shaft◦ Hair follicle
5.2 Demonstrate shampooing, rinsing, and conditioning of hair	<ul style="list-style-type: none">• Shampooing, rinsing, and conditioning
5.3 Evaluate and demonstrate draping and scalp massage	<ul style="list-style-type: none">• Draping and scalp massage
5.4 Evaluate growth and structure of different hair types	<ul style="list-style-type: none">• Trichology• Properties of hair<ul style="list-style-type: none">◦ Elasticity◦ Texture◦ Porosity◦ Density• Consultation

Domain 2: Principles and Techniques**Instructional Time: 30-40%****STANDARD 4.0 ANALYZE PRINCIPLES OF CHEMISTRY AND ELECTRICITY AS THEY RELATE TO COSMETOLOGY**

4.1 Explain pH scale and how it relates to cosmetology	<ul style="list-style-type: none">• Chemical service, nail polish, shampoo, conditioner
4.2 Explore electricity and electrotherapy, their uses and effects (i.e., electrodes, blue light vs red light, ultraviolet, infrared, etc.)	<ul style="list-style-type: none">• Electricity and electrotherapy<ul style="list-style-type: none">◦ Electrodes◦ Blue light vs Red light◦ Ultraviolet◦ Infrared◦ Etc.
4.3 Evaluate chemical labels for proper application of products and effects on hair, skin, and nails	<ul style="list-style-type: none">• SDS Sheets
4.4 Describe chemical burn symptoms and treatment	<ul style="list-style-type: none">• First Aid

STANDARD 6.0 APPLY THE PRINCIPLES OF HAIRSTYLING

6.1 Demonstrate elements and principles of hair design/styles [e.g., elements (line, form, space, texture, color); principles (proportion, balance, rhythm, emphasis, harmony)]

- Elements and principles of hair design/styles
 - Elements
 - Line
 - Form
 - Space
 - Texture
 - Color
 - Principles
 - Proportion
 - Balance
 - Rhythm
 - Emphasis
 - Harmony

6.2 Identify specialized styling techniques (i.e., braiding, extensions, thermal irons, blow drying, wet styling, etc.)

- Specialized styling techniques
 - Braiding
 - Extensions
 - Thermal irons
 - Blow drying
 - Wet styling
 - Etc.

6.3 Evaluate different facial shapes and proportions (e.g., styles to enhance or camouflage facial features)

- Facial shapes and proportions
 - Enhancing features
 - Camouflaging features

STANDARD 7.0 APPLY THE PRINCIPLES OF HAIRCUTTING

7.1 Choose appropriate and essential haircutting tools (e.g., shears, razors, clippers, and texturizing tools)

- Essential haircutting tools
 - Shears
 - Razors
 - Clippers
 - Texturizing tools

7.2 Demonstrate different haircutting methods and techniques (i.e., various elevations, basic haircuts, combining techniques, etc.)

- Haircutting
 - Various elevations
 - Basic haircuts
 - Combining techniques

	<ul style="list-style-type: none"> ○ Etc.
STANDARD 8.0 DEMONSTRATE HAIRSTYLING TECHNIQUES	
8.1 Explain the influences of hair type (e.g., wave pattern and hair texture) on hairstyle	<ul style="list-style-type: none"> ● Hair types <ul style="list-style-type: none"> ○ Wave pattern ○ Hair texture
8.2 Explain the three basic profiles (e.g., straight, convex, and concave)	<ul style="list-style-type: none"> ● Three basic profiles <ul style="list-style-type: none"> ○ Straight ○ Convex ○ Concave
8.3 Demonstrate thermal styling techniques	<ul style="list-style-type: none"> ● Marcel ● Flat iron ● Hot comb and stove
8.4 Demonstrate wet styling techniques	<ul style="list-style-type: none"> ● Finger waves ● Roller sets ● Pin curls
8.5 Demonstrate long hair styling techniques	<ul style="list-style-type: none"> ● Up-do styles
8.6 Demonstrate advanced hairstyling techniques	<ul style="list-style-type: none"> ● Avant Garde ● Advanced braiding
8.7 Demonstrate various braiding techniques	<ul style="list-style-type: none"> ● Braiding techniques <ul style="list-style-type: none"> ○ French braid ○ Dutch braid
STANDARD 9.0 DEMONSTRATE CHEMICAL TEXTURIZING OF HAIR	
9.1 Demonstrate hair analysis to perform appropriate chemical texturizing on a variety of hair types	<ul style="list-style-type: none"> ● Hair analysis
9.2 Demonstrate perm wrapping techniques in creating hairstyles	<ul style="list-style-type: none"> ● Perms <ul style="list-style-type: none"> ○ 9-sections ○ Bricklayer ○ Spiral ○ Etc.
9.3 Demonstrate chemical relaxing processes in creating hairstyles	<ul style="list-style-type: none"> ● Hydroxide relaxers

	<ul style="list-style-type: none"> • Ammonium thioglycolate • Smoothing treatments
9.4 Demonstrate curl reforming in creating hairstyles	<ul style="list-style-type: none"> • Curl reformation
STANDARD 10.0 DEMONSTRATE HAIR COLORING TECHNIQUES	
10.1 Evaluate the relationship between color theory in relation to the law of color (e.g., color classifications)	<ul style="list-style-type: none"> • Law of color <ul style="list-style-type: none"> ◦ Color classifications
10.2 Identify FDA- and state-mandated patch testing to determine sensitivity to product	<ul style="list-style-type: none"> • Patch test • Manufacturing labels
10.3 Evaluate existing hair color of a client as it relates to additional color considerations and application procedures	<ul style="list-style-type: none"> • Identify natural level
10.4 Change existing hair color with temporary color, semi-permanent color, oxidative color, surface painting, slicing, weaving, double process blond, and corrective color according to coloring techniques	<ul style="list-style-type: none"> • Temporary color • Semi-permanent color • Oxidative color (demi-permanent and permanent) • Surface painting, slicing • Double process blond • Corrective color • Coloring application techniques <ul style="list-style-type: none"> ◦ Balayage ◦ Foil ◦ Retouch ◦ Etc.
10.5 Evaluate chemical actions of hair lighteners and color removers	<ul style="list-style-type: none"> • Chemistry • Application
10.6 Demonstrate targeted color for hair and special effects step-by-step techniques	<ul style="list-style-type: none"> • Formulation

Domain 3: Anatomy, Physiology, and Histology

Instructional Time: 15-20%

STANDARD 3.0 ANALYZE THE ANATOMY, PHYSIOLOGY, AND HISTOLOGY OF THE HUMAN BODY AS IT RELATES TO THE COSMETOLOGY PROFESSION

3.1 Identify systems and organs of the human body and their functions

- Body systems and functions
 - Digestive
 - Muscular
 - Nervous
 - Skeletal
 - Integumentary
 - Respiratory
 - Cardiovascular/Circulatory
 - Endocrine
 - Lymphatic
 - Urinary
 - Reproductive

3.2 Identify the structure and function of cells

- Microbiology

3.3 Evaluate skin diseases and disorders to determine when services should be safely performed

- Skin diseases and disorders
 - Psoriasis
 - Dermatitis
 - MRSA
 - Etc.

3.4 Evaluate the structure and functions of the skeletal, muscular, and nervous systems

- Muscular
- Nervous systems
- Skeletal

3.5 Compare the integumentary and lymphatic systems in relation to each other and their role in the human body

- Hair, skin, nails
- Sudoriferous, sebaceous, and lymph glands

STANDARD 12.0 DEMONSTRATE MORPHOLOGY AND TREATMENT OF THE NAIL

12.1 Identify nail service to be provided

- Manicures
- Pedicures
- Nail enhancements
 - Tips

	<ul style="list-style-type: none"> ○ Acrylic ○ Gel ○ Wraps ○ Etc.
12.2 Recognize symptoms of nail diseases and disorders	<ul style="list-style-type: none"> ● Diseases and disorders <ul style="list-style-type: none"> ○ Paronychia ○ Onychomycosis ○ Etc. ● Nail structure and growth
12.3 Consult with client	<ul style="list-style-type: none"> ● Client consultation ● Nails analysis
12.4 Prepare client for selected nail service	<ul style="list-style-type: none"> ● Station set up <ul style="list-style-type: none"> ○ Hand washing ○ Pre-service procedures
12.5 Perform nail technology modalities and procedures	<ul style="list-style-type: none"> ● Procedures <ul style="list-style-type: none"> ○ Manicure ○ Pedicure ○ Nail enhancements ○ Light-cured gel
STANDARD 13.0 DEMONSTRATE MORPHOLOGY AND TREATMENT OF THE SKIN	
13.1 Prepare and consult with client	<ul style="list-style-type: none"> ● Consultation ● Skin Analysis ● Communication
13.2 Analyze facial skin for treatment	<ul style="list-style-type: none"> ● Skin Types <ul style="list-style-type: none"> ○ Dry ○ Oily ○ Combination
13.3 Recognize visual skin diseases and disorders	<ul style="list-style-type: none"> ● Diseases ● Disorders
13.4 Perform selected facial service	<ul style="list-style-type: none"> ● Facial service <ul style="list-style-type: none"> ○ Clean ○ Scrub

	<ul style="list-style-type: none"> ○ Mask ○ Etc.
13.5 Shape eyebrows	<ul style="list-style-type: none"> ● Waxing ● Tweezing ● Eye Shapes <ul style="list-style-type: none"> ○ Round ○ Close-set ○ Small ○ Etc. ● Brow shapes <ul style="list-style-type: none"> ○ Low forehead ○ Wide set ○ Etc.
13.6 Apply makeup	<ul style="list-style-type: none"> ● Color theory ● Sanitation <ul style="list-style-type: none"> ○ Disposable applicators ○ Etc. ● Facial shape <ul style="list-style-type: none"> ○ Contour ○ Altering lines ○ Etc.
13.7 Perform proper extraction technique	<ul style="list-style-type: none"> ● Manual manipulation
13.8 Perform skin modalities and treatments	<ul style="list-style-type: none"> ● Procedures <ul style="list-style-type: none"> ○ Extraction ○ Steaming ○ Exfoliating ○ Peels ○ Masks ○ Etc.
13.9 Perform safe lash and eyebrow tinting	<ul style="list-style-type: none"> ● Safety ● Tint application ● Removal of product
13.10 Apply artificial eyelashes	<ul style="list-style-type: none"> ● Lash Application <ul style="list-style-type: none"> ○ Strips ○ Tap

	<ul style="list-style-type: none"> ○ Lash ○ Types ○ Glues
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Domain 4: Hair Additions
Instructional Time: 5-10%

STANDARD 11.0 EVALUATE WIGS, HAIRPIECES, AND EXTENSIONS TO USE AS A CHOICE IN HAIRSTYLING

<p>11.1 Identify wigs, hairpieces, and extensions and their uses in hairstyling</p>	<ul style="list-style-type: none"> ● Difference between natural/synthetic hair ● Quality and cost ● Types <ul style="list-style-type: none"> ○ Toupees ○ Clip-ins ○ Hair wrap ○ Etc.
<p>11.2 Demonstrate proper care and maintenance of wigs and hair enhancements</p>	<ul style="list-style-type: none"> ● Care and maintenance <ul style="list-style-type: none"> ○ Cleansing ○ Styling ○ Cutting ○ Coloring ○ Etc.
<p>11.3 Demonstrate procedures for taking wig measurements on a scalp, putting on a wig, and attaching extensions and hairpieces</p>	<ul style="list-style-type: none"> ● Measurement of the head <ul style="list-style-type: none"> ○ Head circumference ○ Front to nape ○ Ear to ear ○ Etc. ● Extensions <ul style="list-style-type: none"> ○ Keratin Fusion ○ Bead ○ Tape-in ○ Etc. ● Hairpieces ● Client education on installment